Everyone deserves to be heared and understood. But is it only the understanding what do we need?

Some people have an ability to process the information in their minds by speaking it out loud. The process of composing thoughts in phrases, choosing words, stimulates thinking process and helps such people analyze what is it happening inside them. Their psychiatrists are their friends, those who willing to listen to them in time of need.

However, not everyone is capable of what is called “self-analysis”. Some people need a guidance even when explaining their feelings and concerns itselves, not to speak about analyzing and figuring out what to do with it. And a psychiatrist is a perfect man for the job. A good psychiatrists listens to you as your true friend – and even more than that, as he unravels the tangle of your feelings, reaching out to the soul behind your face and the facts behind your words. And then he analyzes it for you and explains to you what is happening and what can be done with it – so that, given you have been listening tight, it might happen that after a number of sessions you will learn to do the magic, and won’t ever need a psychiatrist anymore.